



## Community Volunteers



### Application

#### What is The Mustard Seed Project?

The Mustard Seed Project of Key Peninsula is a grass roots community-based organization dedicated to building an “elder-friendly community.” It’s not about how old you are, but how you are old. We believe an elder-friendly community is a good place for everyone to live.

#### Our Mission:

The mission of The Mustard Seed Project is to ensure choices for healthy aging on the Key Peninsula by connecting elders with innovative programs and resources.

#### Our Vision:

The vision of The Mustard Seed Project is to create an elder-friendly Key Peninsula, where our neighbors may choose to safely “age in place” with dignity and respect.

#### How YOU can help!

Volunteers are the cornerstone of The Mustard Seed Project, actively helping their neighbors to remain on the Key Peninsula as they age. The Mustard Seed Project is always looking for volunteers for a wide range of services and supports.

- **Community Volunteers**  
Assist seniors with basic services at their home including yard & garden assistance, friendly visits/calls, general home maintenance, light housekeeping, and more.
- **Community Solutions Driver** *(requires separate application)*  
Drive seniors to activities using our Pierce Transit Van that includes a wheelchair lift.
- **Key Peninsula Senior Ride Program** *(requires separate application)*  
Drive seniors and disabled adults to medical appointments, grocery shopping, and errands with your personal car. Mileage reimbursement available through Catholic Community Services.
- **Key Senior Information Center**  
Provide information about pertinent services and programs to elders and their families (training provided).
- **Other**  
Your areas of knowledge and expertise could be used to bring new, innovative support to elders in our community.



## Community Volunteers

### Application

Date: \_\_\_/\_\_\_/\_\_\_ Name: \_\_\_\_\_

First

Middle Initial

Last

Female \_\_\_\_\_ Male \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Street Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_ Work: \_\_\_\_\_

Email: \_\_\_\_\_ I'd like to receive e-newsletter? yes no already do

Driver's License Number: \_\_\_\_\_ Driver's License State: \_\_\_\_\_

Occupation: \_\_\_\_\_

Are you over the age of 18? Yes No Date of Birth: \_\_\_\_\_

Previous Volunteer Experience (attach extra pages to this form, as needed)

Why would you like to be a Mustard Seed Project volunteer?

If you are a student, list your school, describe the community service you'd most like to do, and the number of hours required:

If you are doing court-ordered community service, please explain the circumstances:

What appeals to you about our mission?

Do you have your own transportation? yes no

Do you smoke? \_\_\_ yes \_\_\_ no Willing to visit a smoker? \_\_\_ yes \_\_\_ no

Are you allergic to pets \_\_\_ yes \_\_\_ no Other allergies? List: \_\_\_\_\_

What is your availability?

once a week more than once a week as needed other \_\_\_ hrs/week

| Time/Day  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Morning   |        |         |           |          |        |          |        |
| Afternoon |        |         |           |          |        |          |        |
| Evening   |        |         |           |          |        |          |        |

References:

*Please list three persons we may contact who are not family members. You may include employers, teachers, religious leaders, or others whose relationship to you is more than a personal friend and who you have known you at least 2 years.*

# 1 Name: \_\_\_\_\_

Phone number: \_\_\_\_\_ Relationship: \_\_\_\_\_

# 2 Name: \_\_\_\_\_

Phone number: \_\_\_\_\_ Relationship: \_\_\_\_\_

#3 Name: \_\_\_\_\_

Phone number: \_\_\_\_\_ Relationship: \_\_\_\_\_

Please complete the attached forms:

- Skills and Interests
- Disclosure Statement
- Washington State Patrol (background check)

If your information changes, be sure to let us know so we can update our records. Thank you!

**Return completed application to:**

Operations Director  
The Mustard Seed Project  
Physical: 9016 154th Ave Ct. NW Lakebay, WA 98349  
Mailing: P.O. Box 182, Vaughn, WA 98394  
[operations@themustardseedproject.org](mailto:operations@themustardseedproject.org)  
253-884-1355



## SKILLS AND INTERESTS

### Application

Name: \_\_\_\_\_

There are many ways to help Seniors in our community.  
Please mark the boxes of the skills and/or interests you are willing to share.

#### Companionship

|                          |   |
|--------------------------|---|
| <input type="checkbox"/> | Get Out (dine, go for a drive, or see a movie)  |
| <input type="checkbox"/> | Friendly Phone Calls (call to talk or check-in, phone during storms to provide reassurance) |
| <input type="checkbox"/> | Friendly Visitor (play cards or games, read books or the paper, share a movie, etc.)        |

#### Community Activity

|                          |  |
|--------------------------|--|
| <input type="checkbox"/> | Be a speaker at an event (share things learned in your profession) |
| <input type="checkbox"/> | Facilitate and host a group chat or support group                  |
| <input type="checkbox"/> | Donate or procure items for an auction                             |
| <input type="checkbox"/> | Help at an event or scheduled activity                             |
| <input type="checkbox"/> | Provide music for an event   |

#### Education/Advocacy

|                          |  |
|--------------------------|--|
| <input type="checkbox"/> | Basic Computer/Technology Training                               |
| <input type="checkbox"/> | Information and Referral Services (link seniors to resources)    |
| <input type="checkbox"/> | Lead Classes or Workshops (art, fitness, cooking, wellness, etc) |
| <input type="checkbox"/> | Provide translation services                                     |
| <input type="checkbox"/> | Share or teach a special skillset                                |
| <input type="checkbox"/> | Legal (prepare wills and attachments)                            |

#### Help at Home

|                          |   |
|--------------------------|---|
| <input type="checkbox"/> | Meal Preparation (at their home or drop off)  |
| <input type="checkbox"/> | Light Cleaning (laundry, wash windows, change sheets, dust, dishes, vacuum, organize) |
| <input type="checkbox"/> | Assist with Packing, Moving, or Rearranging Furniture                                 |
| <input type="checkbox"/> | Pet Care (bathing, walking, grooming, fill bird feeders)                              |
| <input type="checkbox"/> | Phone Calls (schedule appointments or request prescription refills on their behalf)   |
| <input type="checkbox"/> | Plant Care (water, fertilize, repot)  |
| <input type="checkbox"/> | Respite Care (provide family/friend caregivers a break)                               |

|  |                                      |
|--|--------------------------------------|
|  | Type/Write/Address Letters and Cards |
|  | Wrap Gifts (especially at holidays)  |

### Other

|  |  |
|--|--|
|  | Home Repair/Maintenance (minor carpentry, construction, plumbing, electrical)      |
|  | Smoke/Ozone Detectors (check and change batteries)                                 |
|  | Firewood (donate, chop, stack, carry)  |
|  | Yard & Garden Care (mowing, pruning, weeding, planting, picking/arranging flowers) |
|  | Replace Light Bulbs  |
|  | Sweep Porches and Walkways   |
|  | Garbage/Recycling (collect, fill bins, take bins to curb and back, dump runs)      |

### Recreation

|  |   |
|--|---|
|  | Outdoors (bird watching, boating, fishing, walking, hiking, sports) |
|  | Help plan a trip or outing  |
|  | Indoors (crafts, games, storytelling, puzzles)                      |
|  | Photography & Video   |

### Transportation

|  |   |
|--|---|
|  | Drive Automobile (for maintenance or car washing, and bring back) |
|  | Help with Errands and Grocery Shopping                            |
|  | Take to Medical Appointments                                      |
|  | Take to Pet Groomer or Veterinarian                               |
|  | Take to Activity (sporting event, concert, theater)               |
|  | Take to Train / Bus / Airport                                     |

### Wellness

|  |  |
|--|--|
|  | Diet and Nutrition                         |
|  | Fitness and Exercise                       |
|  | Hair & Beauty (provide hair and nail care) |
|  | Make sure client goes for foot care        |
|  | Yoga / Meditation                          |
|  | Other                                      |

### Administrative Assistance

|  |  |
|--|--|
|  | Office Support (data entry, scanning, organizing, mailing donation appeal letters) |
|  | Graphics & Website Development (make flyers/brochures, update website)             |
|  | Join a committee (senior advocacy, annual auction, programs, fund dev? xxx)        |
|  | Interview and Report Stories (for our website and newsletter)                      |
|  | Promote TMSP to other groups to increase awareness and encourage collaboration     |